



Help Save Energy and the Environment

The California Public Utilities Commission (CPUC) offers the tips below on how to reduce your energy consumption, lower your monthly utility bills, and help save the environment.

- Don't leave the lights on when no one is in the room.
- Use compact fluorescent light bulbs, which produce the same amount of light as a non-fluorescent bulb but use ¼ of the electricity. Plus, they last for years.
- Turn off the computer, radio, and TV when not in use.
- Turn off appliances at the surge protector when not in use.
- Set your home thermostat at 78 degrees in warm weather and 68 degrees in cold weather (health permitting).
- If you have a fireplace, close the damper when you don't have a fire burning.
- Check your windows, heating vents, and outside doors. Take a piece of paper or ribbon and hold it up to the edges of the windows and doors. If they are moving, then you've detected a leak. Use weather-stripping or caulk to seal leaks.
- Keep your curtains closed on cold, cloud days, which keeps the chilly air outside from getting inside. And, keep your curtains closed on hot days to keep the hot air outside.
- Install a low-flush toilet. Did you know that wasting water wastes electricity? About 75 percent of the water we use in our homes is used in the bathroom. Each flush uses about five to seven gallons of water.
- Check your faucets for drips and repair as necessary.
- Take shorter showers, which conserves electricity and water!
- Wash dishes in a full dishwasher rather than by hand. Or, fill up one side of your sink with dishwashing detergent and water and the other side with clean water for rinsing, which uses half as much water as a dishwasher.
- Use a microwave to defrost small amounts of food rather than your stove. Microwave ovens use 50 percent less energy than conventional ovens. However, use the stove for larger meals.
- Don't keep the refrigerator door open any longer than it needs to be.
- Use a broom instead of a hose to clean off your driveway, sidewalk, and patio.
- Use a rake instead of a gasoline-powered leaf blower.

Want the CPUC at your community/senior event/health/resource fair? Need a guest speaker on CPUC consumer programs and services? Contact the CPUC's Business & Community Outreach team!

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